



LIBRARY OFFERS WIDE VARIETY
The Little Rock Air Force Base library
in the Walters Community Center has a
growing collection of resources available.

PAGE 6





Wing Commander Joins 1 Percent
Col. Charles Brown Jr., 19th Airlift Wing
commander, receives the title of Honorary
Chief at Little Rock Air Force Base. He is
now one of 10 bestowed this honorary rank.

PAGE 7



VEHICLE OPERATIONS
KEEP MISSION IN GEAR

The 19th LRS Vehicle Operations shop is comprised of a 25-man team and eight duty sections. The Airmen operate, inspect and maintain a 61-vehicle fleet comprising of sedans, buses and an array of heavy equipment vehicles.

PAGE 10

U.S. Air Force Tech. Sgt. David Macdonald, 19th Security Forces Squadron kennel master, has been a service member since 2005. Macdonald has worked with four military working dogs since becoming a dog handler. As a kennel master, Macdonald manages and monitors unit military working dog training.

Invisible wounds

By Special Agent Patrick McGee

Air Force Office of Special Investigations

JOINT BASE ELMENDORF-RICHARDSON, Alaska – I'm an ambassador for the Air Force Wounded Warrior Program. As an ambassador, I'm an advocate for the program and I work in my local area to plan events which bring our wounded together.

It's a concept of family helping family. We are all in this great big Air Force family, and there are many of us who are still struggling with everyday life. Getting off the couch and participating in life is not a reality for many of our family. Our members struggle with a sense of belonging and value. Many feel they have been cast aside and suicide is a daily thought.

This program has a unique way of combating behaviors where we suffer in silence. It's a program which shows love for others and a true sense of caring by putting others needs above our own. Helping the person who is struggling with you greatly helps.

I originally thought the Air Force Wounded Warrior Program was one of those things were they parade severely injured folks in front of people to get attention. I also confused it with the Wounded Warrior Project, a non-profit organization. I didn't want to be a part of anything which put me in the spotlight or focused on making me a poster for sympathy. I've never been more wrong.

The program focuses on two things. The first is to put our wounded, ill and injured together so we can strengthen and support each other. People who have never had post-traumatic stress disorder will never understand what it's like to suffer mentally in this way. Second, the program offers unique opportunities to give our Airmen value and give them a sense of 'I can still function and participate in life.' I can't say enough about the program and I want to encourage all of our wounded, ill and injured to attend an event.

Another thought which kept me from being part of the program prior to 2016 was that I had healed from my injuries (which I'll talk about shortly) and didn't want to take advantage of a program which helps those who are still healing.

The point of this program and what makes it work is our warriors are together for each other. The program is not designed to single out anyone or make them feel broken. Those who have healed are the most vital to the program's success.

When many think of wounded warrior, I assume most feel it's just for the combat wounded. There are folks severely injured from non-combat and cancer survivors who also qualify. If you fall into any of these categories, I encour-

age you to contact the Regional Care Coordinator at your location. The RCC knows the criteria, and if you can't find them, contact me.

I share this so if there are agents suffering as I suffered, this may give them the strength and confidence to seek help and know what I now know. Behavioral science and the Air Force Wounded Warrior Program are available and can greatly help the healing process.

My story begins on July 8, 2005. While returning from a successful operation where we captured nine of 11 cell members responsible for setting roadside bombs and shooting mortars and rockets at the base, my vehicle was struck by an improvised explosive device.

Two 155 mm mortars were strung together and command detonated as we drove over them. I was in the back seat and I remember black smoke filling up the inside of the vehicle. The next thing I know I am laying on the ground beside a burning vehicle. I assumed I was the only one alive as I was drug to safety by Senior Airman Pam Bolton while receiving small rounds fire.

I was taken by medevac to the hospital and spent the better part of the next six months healing from groin and pelvis injuries. Once I was physically healed, I wanted to feel normal again. I wanted to prove I could still be an agent. I wanted to do the things I did before to prove to myself and others there was nothing wrong with me.

As I struggled to prove I was normal, the nightmares about losing 'Dice,' and his family blaming me, surrounded what little sleep I got. If I was lucky, I would sleep two to three hours per night. I was on the verge of rage every single day. I knew something was wrong and I had to control it. I knew if I acted on my emotions the rest of my time as a special agent would be very short. I constantly felt agitated and I had no idea why.

The smallest event would send me to fury. I remember an argument I got in with my wife. The argument was over where we should eat. I lost it. I remember punching myself in the face screaming at her. These types of events were a daily reality for my wife and 3 children. I tried so hard to control myself each day at work. I would let my guard down once I got home because I couldn't maintain that level of self-control any longer.

My kids suffered emotional and physical abuse for the next seven years. My wife did her absolute best to shield the children from my behavior. She made sure the house was perfect and the kids stayed away from me. She closely monitored their behavior. If one of my children misbehaved, she would quickly remove them from me. She would constantly warn the children to not do anything to upset me. The children adapted and stayed away from me. I had no



relationship with them and wasn't involved in their lives.

I was numb to any joy or any happiness occurring around me either at work or home. I knew something was wrong with me but I didn't know how to fix it. I refused to visit a 'shrink' because I didn't believe in the merit of psychologists. I felt mental health was for weak minded individuals who weren't smart enough to figure out their own problems.

I decided the best thing to do was to put as much fun in my life as I could. I scheduled trip after trip, taking me on adventures around the country: rock climbing in West Virginia, mountain biking in Utah, kayaking in North Carolina. I felt alive while I was doing these things, only to feel empty again once I returned home to work and my family. These behaviors pulled me further away from my family. I would get back to my life and feel the rage build all over again.

I still couldn't figure it out. I wasn't mad at the office of special investigations for sending me on the deployment. I volunteered! I wasn't mad at the insurgency, because if someone came to my house and told me I was going to adopt their government and do things their way, I would likely behave similarly.

In 2010, the command sent me to the Air Force Institute of Technology for 18 months. While in that program, I was able to re-grow a relationship with my family and fall in love with them again. Our relationship grew and I started to learn what it was like to care for someone besides myself again.

I would not be in the military if it weren't for Dr. Dave Englert who helped me understand how the mind works and how to heal from a traumatic experience. There are numerous other people who had patience with me, guided me, covered for me, shielded me and most importantly directed me. I thank all of those who cared enough to invest in me when my behavior didn't warrant it.

See Wounds, page 3

EDITORIAL POLICY

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COMBAT AIRLIFTER OF THE WEEK

RANK AND NAME

Capt. Rachel Rothamel UNIT

19th Medical Operations Squadron **POSITION**

> **Family Health Clinic Nurse HOMETOWN**

Toppenish, Washington **TIME ON STATION**

3 years

TIME IN SERVICE

3 years **HOBBIES**

Riding motorcycles

GOALS

Becoming an intensive care unit nurse **CORE VALUE**

> Excellence in All We Do **COMMENTS**

Rothamel embodies excellence while leading the Family Health nursing team in the medical disposition for 9,400 patient telephone consultations, worth \$996,000 annually. Additionally, she provides population-based patient education, facilitates 340 specialty referrals and guides medication usage for more than 1,000 prescriptions per year. Rothamel is the Patient Support Casualty Management team chief leading a 36-member team. When needed, she tirelessly provides manning support for Pediatrics, Women's Health and the Referral Management Clinics.



Wounds

Continued from page 2

In 2014, the greatest healing occurred when I repented for my sins and dedicated my life to God.

Since I've put God first in my life and focused on healing and helping others with PTSD, the joy I now experience is incredible.

I encourage each of you reading this to reach out to me, your RCC or the Wounded Warrior Program. If you were wounded, injured or ill, you have a family who is here for you. The program won't turn you into a martyr and it won't make you do anything you don't want to do.

(Editor's note: Special Agent McGee's goal in sharing his story is to help others who have suffered and point them to help. For more information on the Air Force Wounded Warrior Program, visit www.woundedwarrior.af.mil/)

MSG CORNER

- Notify the 19th Civil Engineer Squadron Customer Service immediately if experiencing heat outages or water breaks by calling 501-987-6553.
 - Contractors are painting street

markings across base as weather permits. Drive cautiously around work crews.

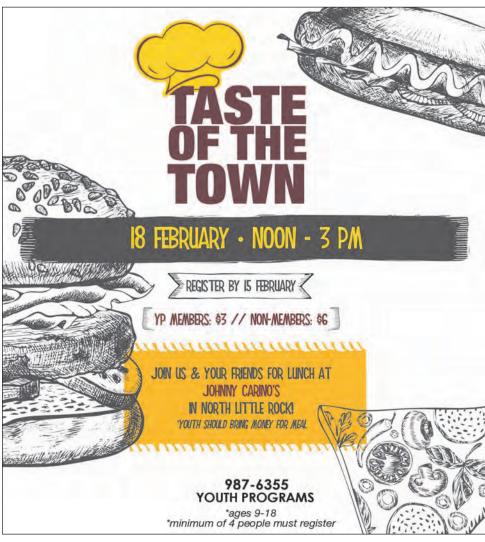
- The Rockin' at the Rock website (www. rockinattherock.com) will be undergoing renovations and customers may experience glitches from Feb. 23 until March 17.
- The Military Personnel Service Customer Service hours have changed and are effective Feb. 17. Their hours of operations are now Monday through Thursday from 8:30 a.m. to 3:30 p.m. and Friday from 5 a.m. to 3:30 p.m. The office will be closed on Federal Holidays.











Using risk management keeps populace safe

By Senior Airman Stephanie Serrano

19th Airlift Wing Public Affairs

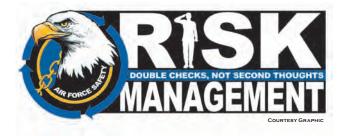
Keeping risk management at the forefront of all planned activities is key to staying safe anytime, any place. Last year, Little Rock Air Force Base personnel experienced 264 off-duty safety incidents and 132 on-duty safety incidents regarding personnel.

Risk management is a decision-making process used to identify potential risks, how to avoid them and ensuring past mishaps don't re-occur in the future.

"It's important to clearly identify these indicators or risk factors because we don't want anyone to get hurt," said Christopher Gill, 19th Airlift Wing Safety aviation maintenance specialist.

For any base event, risk management forms are filled out and routed through the 19th Airlift Wing Safety shop. This process identifies potential risk areas, and describes the mitigation action taken to ensure all events run smoothly; with a low-risk of potential incidents.

"We do an inspection before events to make sure that everything listed on the risk management form is clearly identified and taken care of," Gill said. "Then, if we see



anything that may be a potential risk, we work with the team putting on the event to mitigate it."

Risk management in the maintenance community is primarily avoided by implementing the use of technical orders. However, anything outside of maintenance usually doesn't have a T.O. to explain how to complete a particular task safely.

On base, safety officials step into the work areas weekly to conduct safety inspections; most of which are at random. Most mishaps are preventable and follow safety precautions.

"We probably do two-to-three spot inspections a day," Gill said. "I want to observe folks being normal. Anytime that we're out and about, our job is to identify things that

we see and prevent folks from getting hurt. We are here to help."

Having a plan can help avoid unnecessary risks. Always take a moment to stop and think what the safest way to accomplish a task is.

"What we're trying to do is get folks to realize and be more cognizant of risks at work and at home," Gill said. "That way people can carry that knowledge to their house where there are no T.O.s or directives that tell you how to get home safe after the Super Bowl party or clean the gutters."











Page turner: Wide variety offered at LRAFB library

By Airman 1st Class Codie Collins

19th Airlift Wing Public Affairs

The Little Rock Air Force Base library, located in the Walters Community Center, has a growing collection of more than 20,000 books, 5,000 DVDs, 100 music CDs, 1,000 audio books, several games for a variety of gaming systems and 80 periodical and newspaper subscriptions.

And that is only the beginning.

The library, voted best Air Force library in 2015, offers a variety of amenities to help develop and care for Airmen and their families such as education opportunities, free Wi-Fi throughout the facility, private study rooms and readily available computers.

The library offers Airmen the opportunity to study for College Examination Program (CLEP) standardized tests created and administered by College Board. These tests provide Airmen the option to take one test to earn college credits rather than taking an entire college course.

"We have an entire section in our library dedicated to CLEP testing," said Bethry Becker, Little Rock AFB Library manager. "If the individual comes to the library, takes time to study and then takes a CLEP, he or she is more likely to pass and can save a ton of time and money."

For those who desire to learn a new language, the library offers free foreign language programs.

"A great service we have is the Air Force online language



A military member checks out a book at the Little Rock Air Force Base Library on Jan. 18. The LRAFB library, located in the Walters Community Center, has a growing collection of more than 20,000 books, 5,000 DVDs, 100 music CDs, 1,000 audio books, several different games for a variety of gaming systems and 80 periodical and newspaper subscriptions.

program," Becker said. "It has around 80 different languages to learn. All you have to do is sign up at the library and you and your family will have access to all of the languages at no cost. It's great for those who are moving overseas and are looking to brush up on a language. It could take a lot off of someone's shoulders and save a lot money."

The base library not only has amenities for Airmen but for their loved ones, too.

"A huge benefit to the families that come to the library is our enclosed children's room," Becker said. "Parents who have little ones can shut the door and feel very relaxed; they don't have to worry about the children's noise level. We also host story time for children here once a month."

Another resource is the many computers accessible to Airmen and their families in addition to the free Wi-Fi which customers can tap into.

"We have computers that are both CAC enabled and some that are not," Becker said. "People use the computers for studying for college courses, career development courses and more. After school, kids can come in to do homework. The computers and the Wi-Fi is a benefit to Airmen and their families who don't have internet or computer access at home."

A hallmark of the base library is the constant additions to its shelves for Airmen and their families.

"People should use the resources at the library simply because they're available," Becker said. "The library does a lot of work to make sure resources are current and useful. It's a huge Air Force benefit. We're here as part of our mission to support education and quality of life."

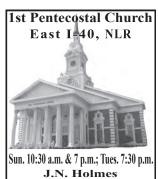
For more information on the LRAFB Library go to Irafblibrary.sirsi.net.

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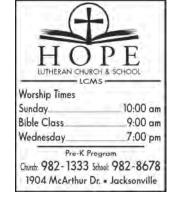




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Wing commander joins one percent

Story and photo by
Staff Sgt. Kaylee Clark
19th Airlift Wing Public Affairs

Effective leaders seek honest feedback. Col. Charles Brown, 19th Airlift Wing commander, received just that when the entire Team Little Rock Chief's Group interrupted a staff meeting Feb. 1.

Brown, sitting at the head of the table, listened anxiously as more than 20 chief master sergeants stood to offer their critiques.

"You get out there and bust knuckles with the Airmen, you are in their work centers," said Chief Master Sgt. Jeremy Grider, 19th Logistics Readiness Squadron. "You really get to know your Airmen."

After all of the positive feedback was given, Grider, offered the wing commander negative feedback. Calling Brown to the front of the room, the chief informed him he was not following uniform regulations.

Grider along with

the youngest Airman in the room, helped Brown correct his discrepancies. They presented him with a new Airman Battle Uniform blouse, the sleeves a little heavier this time. The collar was still dressed with colonel rank, but his sleeves carried the rank of chief master sergeant.

Brown's eyes glossed in humbleness as he saw the chevron on his sleeve.

Since the establishment of the chief master sergeant rank in 1959, Brown is 1 of 10 individuals to ever receive the prestigious title of Honorary Chief at Little Rock AFB. He is also the first of the 19th Airlift Wing.

K&G WHOLESAI

WHEELS, TIRES & ACCESSORIES

■ Lifts

■ Wheels

"With every decision he makes he asks 'What's the lift on the Airmen? How does it increase morale?' or 'How does it impact their families?'"Grider said. "Those are the qualities we look for in a chief."

During his time here, Brown has foot stomped the importance of TLR Airmen by stating, from the front gate to the flightline and everywhere in between, every Airman is a Combat Airlifter.

"He's bolstered community partnerships, energized the total force concept and has put the 'combat' back in Combat Airlift," Grider said.

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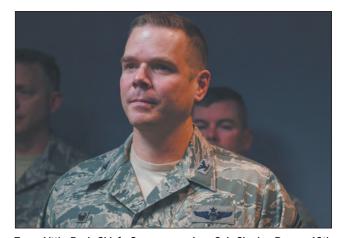
■ Tires

■ Brakes

Team Little Rock
Airmen train day in and
day out to be prepared to
answer the nation's call.

Active duty, reserve, guard and retired chief master sergeants congratulated the newest chief to the group with hugs and handshakes.

"Little Rock AFBs first Honorary Chief was Brigadier General Alfred Hansen in 1982 who later rose through the ranks to attain 4-stars," Grider said. "That speaks for itself for honorary chiefs we've selected here."



Team Little Rock Chiefs Group recognizes Col. Charles Brown, 19th Airlift Wing commander, as an Honorary Chief Master Sergeant on Feb. 1 at Little Rock Air Force Base. The highest tribute the Chiefs Group can bestow to any person is that of Honorary Chief. Brown is only the tenth individual to be awarded this honor at Little Rock AFB.



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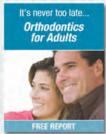


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DOG'S BEST FRIEND: Defender's wing

STORY AND PHOTOS BY SENIOR AIRMAN MERCEDES TAYLOR, 19TH A

is eyes dart back and forth with curiosity as he moves. On his chest, the Security Forces patch on his vest sways as he confidently strides on all fours next to his best friend.

Meet Ali, a sable German Shepherd, weighing 70 lbs. His best friend is U.S. Air Force Tech. Sgt. David Macdonald, 19th Security Forces Squadron kennel master at Little Rock Air Force Base, Arkansas, who uses his upbringing to train Air Force military working dogs.

"Growing up, I used to help my dad train hunting dogs," Macdonald said. "I have a passion for the things we can teach dogs to do."

Macdonald decided to become a civilian K-9 officer. However, he couldn't apply because of his lack of experience.

"I wanted to be a K-9 cop, but I was too young so I thought about joining the military," Macdonald said. "I wanted to use the military as a stepping stone. I first enlisted in 2005, two months after graduating high school."

In March 2010, Macdonald graduated the Military Working Dog Handler Course at Joint Base San Antonio, Texas. Upon graduating, Macdonald received orders to Columbus Air Force Base, Mississippi, and was paired with Maci, a black male German Shepherd who specialized in explosives.

TRAINING BECOMES REALITY

Macdonald and Maci received orders to Khandahar, Afghanistan, and they were sent to Forward Operating Base Ma'sum Ghar in 2011. During that deployment, Macdonald developed a deep appreciation for the role MWDs play.

"I went on a mission where I actually got to use my dog," Macdonald said. "My dog did his job, he did exactly what he was trained to do. It was a remarkable thing for me because it made me realize how important our job is."

After returning home from his deployment, Macdonald swapped dogs with another dog handler to rehabilitate a dog who had suffered a heatstroke – Ali.

"Our relationship started rough because I hated him," Macdonald said. "I hated everything about him, I hated feeding him, I hated touching him and I hated pulling him. He even bit me one time."

Shortly after being paired with Ali, Macdonald received orders to Bagram Air Base, Afghanistan in 2013. Macdonald and Ali worked through their differences to prepare for their deployment. Once arrived, they were assigned to a special operations team under U.S. Army Special Forces.

"I got to experience being attached to a 12-man special forces team and what they really do," Macdonald said. "They were my brothers for six months. They even grew real close to Ali, they always wanted him there because he brought them comfort."

MWDs experience the same adverse conditions as their two-legged counterparts while deployed. Although they wear vests and other protective gear, they are not omitted from danger when threatened.

"There was a time where Ali and I were receiving gunfire," Macdonald said. "We were out searching in front of the team and all of a sudden I saw rounds hitting the area around him."

Macdonald immediately dropped to his knee and tried to call him back



Military working dog Kato leaps on top of an obstacle during a K-9 validation Jan. 24 at Little Rock Air Force Base. Dog through validations annually to evaluate the dog's obedience and health. Macdonald has worked with four military working

to his side but, in response, Ali laid down.

"I remember that moment because he's lying down, looking back at me and wagging his tail like he's having a good time," Macdonald said. "I was like 'Dog, you are getting shot at, come over here.' If one of the rounds would have hit him, it would have changed everything."

Macdonald sprinted to a ditch as he called back to Ali; Ali then darted after him.

"He jumped on my chest and was wagging his tail, having a blast," Macdonald said. "He was having fun. He thought it was a game but he was really doing his job. Meanwhile, all I hear is rounds zinging by us; rounds all over the place."

BRING

A few months and many home to Columbus AFB. Sho to Little Rock AFB in Januar he was notified of Ali's retire

"His anxiety turned into Macdonald said. The vetering of his separation anxiety, it But Macdonald had other "We were like best friends

gman embraces resilience

IRLIFT WING PUBLIC AFFAIRS



nandlers and military working dogs are required to go dogs since becoming a dog handler.

ING A WINGMAN HOME

missions later, Macdonald and Ali returned ortly after arriving, Macdonald received orders ry 2014. After his permanent change of station, ement because of his separation anxiety.

to muscle deterioration in his front limbs," arian was monitoring him very closely because led to him being retired out."

r plans for Ali.

ds," Macdonald said. "It was like it was me and



Courtesy Photo

U.S. Air Force Staff Sgt. David Macdonald, dog handler, poses for a photo with military working dog Ali at Bagram Air Base, Afghanistan, in 2013. Today as a kennel master, Macdonald manages and monitors unit military working dog training.

him against the world. He watched my back while we were deployed and I felt like it was my turn to watch his."

In July 2014, he drove from Little Rock AFB back to Columbus AFB to adopt his best friend.

"When I got there, you would have thought he was a puppy all over again," Macdonald said. "His tail was wagging and he jumped in my arms. It was the whole shebang, he was very excited to see me."

Since Ali's adoption, he and Macdonald have been inseparable.

"I brought him home and he will not allow me to leave one room without following me," Macdonald said. "It's almost like he has to keep eyes on me at all times."

Today, Ali continues to live with Macdonald, and his condition has improved.

"Most of the deterioration has gone," Macdonald said. "He still has separation anxiety but he's a lot calmer because he's not being worked the same way. Every morning I put on my uniform, Ali is standing up and he's ready to go. He'll even follow me outside while I'm putting stuff in my car for work. He still carries the characteristics of a working dog, that's all he wants to do."

Like Ali, Macdonald still desires to come to work every day. He plans on retiring from the Air Force in eight years. While Macdonald won't wear his uniform forever, he'll continue to carry himself with the same confidence and pride as his companion, Ali.



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Kameron James Eide

Kameron James Eide, a 2016 Cabot High School Honor Graduate, successfully completed Army Basic Combat Training this January, 2017, while assigned to the 3rd Battalion, 39th Infantry Regiment, D Company, Fort Jackson South Carolina.

Private Kameron J. Eide distinguished himself during training and indoctrination and is the recipient of the Expert Marksman Badge and the National Defense Ribbon.

Private Eide received his Permanent Change of Station orders and is currently attending Advanced Individual Training.

Private Eide continues a family history of military service to our nation, selflessly devoted to the protection and in service to all Americans.

Grandparents Gilbert (MSgt., USAF) and Gloria Eide extend their celebratory congratulations to Private Kameron J. Eide.

Vehicle operations keeps mission in gear

By Airman 1st Class Grace Nichols

19th Airlift Wing Public Affairs

Scattered among the hundreds of vehicles traveling on base daily is a unique fleet of transportation workhorses, maintained by a team of 19th Logistics Readiness Squadron Airmen.

The 19th LRS Vehicle Operations shop is comprised of a 25-man team with eight duty sections. The Airmen operate, inspect and maintain a 61-vehicle fleet comprising of sedans, buses and an array of heavy equipment vehicles. The heart of the work center is their dispatch section, which fulfilled over 15,000 transportation requests in 2016.

"One of our primary operations is transporting C-130 crew chief students," said U.S. Air Force Staff Sgt. Gregory Lishman, 19th LRS Vehicle Operations control center supervisor. "By taking them to and from training every day, we're enabling them to go through class uninterrupted by the weather or the stress of having to buy a car during training."

More than a taxi service, the 19th LRS Vehicle Operations also enables the Base Honor Guard to perform at funerals and ceremonies to honor fallen service members by providing them with a means for transportation throughout Arkansas and parts of Tennessee.

"The vehicle operations flight is the link between us and the families we provide honors for," said U.S. Air Force Tech. Sgt. Nicholas Miller, Base Honor Guard program manager. "Without transportation, we would not be able to execute our mission and provide the military funeral honors that fallen veterans, retirees and active-duty members rightfully deserve."

At home or abroad, vehicle operators train to safely and securely transfer hazardous material for various units.

The toolkit of skills these Airmen carry impacts more than providing or operating vehicles.

"No matter where or when, the vehicle operations crew is a proud group of ground transportation Airmen that are always ready to support our Air Force family," said U.S. Air Force Master Sgt. Brian Leverton, 19th LRS Vehicle Operations supervisor.

As well as training and daily operations, this crew is



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS GRACE NICHOL

U.S. Air Force Airman 1st Class Vinson Mixon, 19th Logistics Readiness Squadron Vehicle Operations shop operator and dispatcher, checks fluid levels in a vehicle Jan. 12 at Little Rock Air Force Base. Every vehicle under the care of the Vehicle Operations shop is inspected every seven days to ensure it's operating at optimum efficiency.

also responsible for performing basic maintenance on the vehicles and operating buses for base tours.

From base to distinguished visitor tours, the Airmen cover the majority of the transportation needs required to enable the Home of Combat Airlift to be showcased.

"Whether it's moving passengers or cargo, the logistical support we provide is a multi-dimensional part to the overall mission no matter where we are stationed," Leverton said.

However, driving buses for tours is not as simple as hopping onto a tour bus; dry runs are implemented to ensure the vehicle operator is comfortable with the route and that the buses have the proper height clearance for certain areas.

Although big tour buses may be one of the more measurable aspects of the shop, it's only a small piece of the 19th

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LRS Vehicle Operations flight's mission. Their reach stretches from the gate to the flightline, ensuring the ground transportation needs of the Combat Airlift mission are met.

Supplying C-130 maintainers with flightline-approved vehicles directly effects the mission going off without a hitch.

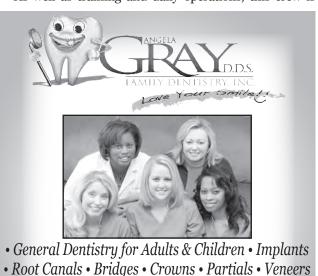
"I think being one of the sole contributors to distributing parts to the aircraft so maintenance can work on them and put them back in the sky is pretty cool," said U.S. Air Force Airman 1st Class Alexander Colon, 19th LRS Vehicle Operations Shop vehicle operator and dispatcher. "One of my favorite things about this job is delivering aircraft parts. It makes me feel pretty important and closer to the mission."

The operators help keep the aircraft in the skies by overseeing the fleet of vehicles.





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Proper dental care can prevent disease

By J.D. Levite

Air Force Surgeon General Public Affairs

More than fighting bad breath or preventing gingivitis, research shows that dental health also contributes to the overall well-being of Airmen.

Good dental care includes an annual checkup, brushing and flossing, drinking fluoridated water and making sure everyone in the family is covered by dental insurance.

The American Dental Association has supported community water fluoridation since the policy was first introduced in 1950, and they continue to advocate for it across the country.

"Fluoride is integrated into kids' enamel as they develop new teeth," said Lt. Col. Aida Soliván-Ortiz, a dental public health specialist for the 59th Dental Group, and consultant to the Air Force Surgeon General. "We can provide coverage for them as they grow up and are in different stages of development. For adults, it gives additional defense against cavities as well."

She added fluoride in the water is an important public health intervention that's cheap and should be available to everyone. In 2014, 74.4 percent of the U.S. population on public water systems had access to fluoridated



Good dental care includes an annual checkup, brushing and flossing, drinking fluoridated water and making sure everyone in the family is covered by dental insurance.

water, according to the Centers for Disease Control and Prevention. The CDC has a site you can visit to check if your water has fluoride or not, and there's a site to see if the bottled water you drink does as well.

Soliván-Ortiz said there's still a strong emphasis on daily flossing from the ADA as well. She said there's misinformation circulating around that took the USDA's updated guidelines out of context, but flossing is still an important part of an adequate oral hygiene routine.

She said, "If you leave the plaque and debris lodged between your teeth it could lead to gingival inflammation and, eventually, into periodontal disease. Removing that plaque daily is a defense against disease."

Brushing can also prevent disease by removing plague that bacteria feed off of. Soliván-Ortiz said the ADA's recommendation for brushing is "Two minutes, twice a day."

"Prevention is the key word. We're preventing disease," she said. "Let's live longer with the teeth we're given and avoid having any unnecessary restorative treatments. When you prevent dental disease, you're also preventing the costs associated with restorations, surgery, extraction, and implants. The longer people can retain their own teeth, the better."

The last thing she mentioned is TRICARE Dental, which is fairly inexpensive and available for the dependents of active duty members even though many aren't enrolled.

Soliván-Ortiz recommends all Airmen and their families schedule an appointment with a dental provider so they can get important information specific to their own personal dental history. "Get an informed, evidence-based opinion from dental providers."









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Other Faith Groups/Inquiries

(1st & 3rd Wednesday at Base Chapel)

Please contact the Little Rock AFB chapel office at 501-987-6014 for specifics on other faith groups or information regarding the local churches in the area.

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Scorecard: 314th Airlift Wing

The 314th Airlift Wing is the nation's C-130 "Center of Excellence." The wing is responsible for training C-130 aircrew members from across the Department of Defense, to include the Coast *Guard and 46 allied nations. Some of the ways* the 314th AW tracks its successes are through measured aircraft availability and mission-capable rates. Those metrics as of Tuesday are:

Mission capable rate

Aircraft availability

C-130J: (standard 80 percent): 79.1% C-130J: (standard 8.4): 6.0



C-130 School

GRADUATES

Number of combat aircrew members sent to the fight beginning Jan. 17, 2017:

C-130H: 15

C-130J: 53



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FOR SALE or trade: '93 Dodge truck, extended cab, diesel engine. (501) 690-5620, David.

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1999 FORD F250 XLT super cab, 4.4 gas engine, automatic, really nice, \$5,500. (501) 837-0250.

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AUTOS/ACCESSORIES

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GMC SONOMA, V6, 2nd owner, 94,000 miles, runs good but motor loses oil pressure, \$1,850. 983-1445.

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HELP WANTED

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